



Heal herself with samantha Media Pack

Guiding high-achieving women to come home to themselves, one sacred step at a time.

About Sam

Samantha Morris is the founder of **HEALherself™** and a leading **Emotional Root Cause Mentor** and **Vedic Meditation and Vedic Breathwork Teacher**.

She specialises in supporting high-achieving women to reconnect with their bodies, regulate their nervous systems, and restore vitality through an integrated, holistic approach to emotional and physiological wellbeing.

After a distinguished 16-year international career as a Purser in the Maritime industry, Samantha experienced severe burnout that became the catalyst for a profound personal and professional transformation. Her healing journey led her through Ayurveda, somatic and nervous system therapies, performance coaching, and subconscious reprogramming. This lived experience now informs her work at the deepest level.

Today, Samantha blends ancient wisdom with contemporary mind-body science to guide outwardly successful yet internally depleted women back into balance, emotional resilience, and sustainable vitality.

Through her signature private mentorship **The Ultimate Health Transformation** and her **Vedic Meditation Course Sacred Stillness™**, she supports women in moving beyond survival mode into embodied, self-led living. Her work is rooted in the belief that true healing begins when a woman reconnects with her internal rhythm and sense of self.

Samantha's broader vision is to support one million women in reconnecting with the power of stillness through meditation. As a speaker and teacher, she draws on lived experience and deep professional insight, understanding that when one woman accesses inner calm, it creates a ripple effect of greater presence, clarity, and self-trust in the world around her.

Her X Factor!

- Former Maritime Expert Turned Holistic Wellness Leader
- Embodiment of Holistic Feminine Leadership
- Certified Performance Coach, Ayurveda Embodiment Coach, Vedic Meditation Teacher and Vedic Breathwork Facilitator, and NLP Master Practitioner.
- Specialist in Nervous System Regulation, Somatic Integration, and Subconscious Repatterning
- Founder of the HEALherself™ - A Sacred Pathway to Self-Healing and Feminine Vitality
- Essential Oil Specialist and Emotional Aromatherapy Advocate
- Holistic Water and Wellness Advocate

&

Hot topics!

- The Silence That Looks Like Success
- The Hidden Healer "Coming Out of the Spiritual Closet"
- Vedic Meditation: The Missing Piece for Women Who Look Successful but Feel Drained

The HEALherself™ Restore Collection

A gentle audio experience designed to help women release emotional overwhelm, quiet the mental noise, and reconnect with themselves.

Combining the Sacred Unravelling™ EFT and Sacred Reset™ RRT audios with a simple integration guide, this collection supports emotional balance, nervous system regulation, and deeper self-awareness.

Whether you're feeling stressed, disconnected, exhausted, or stuck in repeating patterns, Restore offers a practical and accessible way to soften, release, and begin returning to your natural rhythm.



Signature Talk

High-achieving women are often praised for their strength, resilience, and ability to hold everything together, yet many silently carry exhaustion, emotional overwhelm, and disconnection beneath the surface.

Through a blend of research, nervous system awareness, emotional wellbeing, and Ayurvedic wisdom, Samantha Morris explores the hidden cost of people-pleasing, over-functioning, and emotional invisibility.

Audiences leave with practical insights to reconnect with themselves, honour their body's wisdom, reclaim their voice, and create success that no longer requires self-sacrifice.

Key Takeaways:

- Recognise the hidden cost of success and over-functioning.
- Understand how emotional suppression impacts physical and emotional health.
- Reconnect with your body's wisdom and signals.
- Redefine strength beyond sacrifice and self-abandonment.
- Speak your truth without guilt, fear, or apology.

Book a FREE gift call. [here](#)

TO BOOK SAM TO SPEAK AT YOUR EVENT

Phone +447496767643

Email hello@healherselfwithsamantha.com

Website www.healherselfwithsamantha.com



[healherselfwithsamantha](https://www.instagram.com/healherselfwithsamantha)

[Samantha Morris](https://www.linkedin.com/in/samanthamorris)

[healherselfwithsamantha](https://www.facebook.com/healherselfwithsamantha)



The Ultimate Health Transformation

REMEMBER. RESTORE. RECLAIM. RETURN.

A signature **6-month** programme supporting high-achieving women to heal from chronic stress, restore balance, and reconnect with their natural vitality.

Blending Ayurvedic wisdom, nervous system regulation, somatic practices, and transformational coaching, this immersive journey supports women in moving out of survival mode and into grounded, embodied living.

Rooted in the understanding that healing is an internal process, **The Ultimate Health Transformation** offers a structured yet deeply personalised pathway to emotional resilience, self-trust, and alignment.

Awards & Accolades

2021 ACrew Purser Award Winner

Mental Health First Aider

My Health Association Member

Accredited ICIP Practitioner

Brainz Magazine - Crea Global Award list of 2023

Essential Oil Specialist and Emotional Aromatherapy

Holistic Water and Wellness Advocate



I cannot recommend Samantha's coaching highly enough. It really is life changing and she invested so much time and energy into listening to me and tailor making a plan that has been perfect for me. I'm so grateful I found Samantha when I did. Thank you from the bottom of my heart.

Juilette

